

## A STUDY ON LONELINESS OF NORMAL SCHOOL STUDENTS STUDYING HIGHER SECONDARY

C.R.LOURDU JOHN \* &Dr.T.TAMIZH SELVAN\*\*

**Research Scholar** \* Department of Education, Annamalai University,  
AnnamalaiNagar,Tamil Nadu , India

**Associate Professor** \*\* Department of Education ,Annamalai University,  
AnnamalaiNagar,Tamil Nadu , India

---

### **Abstract:**

*In this study, an attempt has been made to study the lines of higher secondary students. The Loneliness Scale constructed and validated by Granada (2011) has been used to measure the level of loneliness of higher secondary students. The tool was administered to a random sample of 620 higher secondary students studying in Kanchipuram District of Tamilnadu. The survey method has been followed for the present study. The result of the analysis reveals that the level of loneliness of total samples found to be low. The male and female students studying higher secondary do not differ significantly in their level of loneliness. The higher secondary students studying Tamil medium and English medium differ significantly in their level of loneliness and the students studying English medium have a high level of loneliness than the student studying Tamil medium. The higher secondary students residing at rural and urban differ significantly in their level of loneliness and the students residing at urban area have a high level of loneliness than the students residing at rural area. The higher secondary students belonging to nuclear family and joint family differ significantly in their level of loneliness and the level of loneliness is high for the students belonging to nuclear family than the students belonging to joint family.*

### **KEYWORDS**

Loneliness and academic students of higher secondary school students

### **INTRODUCTION**

Loneliness is an emotional state in which a person experiences a powerful feeling of emptiness and isolation. Lonely people often experience a subjective sense of inner emptiness or hollowness, with feelings of separation or isolation from the world. Children who experience loneliness are more at risk for developing problems with sleeping, nausea, and changes in appetite. When loneliness is experienced over a long period of time, other problematic health factors occur such as adolescent alcoholism and depression. School communities need to share in the responsibility of identifying, recognizing, and understanding students who may be experiencing feelings of loneliness in order to prevent the painful and stressful experience of loneliness.

## NEED AND IMPORTANCE OF THE STUDY

Brennan and Auslanders (1979) found that loneliness was associated with Poor grades, expulsion from School, running away from home and engaging in delinquent acts such as theft, gambling and Vandalism. The study conducted by Tamizhselvan and lourdu john (2022) indicates that the beleaved Students, affected by natural disaster have high level of loneliness and further indicates that there is a significant inverse relationship between loneliness and academic achievement of bereaved students affected by natural disaster. Perlman (1981) provide further research examples of associations between loneliness and other psychosocial problems such as, physical illness, suicide, alcohol use, poor psychological adjustment, aggression, low grades and stealing and vandalism. Kupersmidt et al. (1990) have cited research linking loneliness with emotional problems (low self-esteem, depression and social anxiety), social problems (peer rejection and victimization, lack of friendships and lack of high-quality friendships) and behavioral problems (shyness, social withdrawal, spending more time alone, dating infrequency and decreased participation in religious and extracurricular school activities). Collectively research indicates that loneliness leads to behavioural and mental health problems of adolescent students. Loneliness is a prevalent social phenomenon affecting school aged children. Perlman and Peplau (1984) suggest that those persons ages 18-25 may be most at risk for loneliness. The students studying higher secondary are in adolescent stage. Hence, the investigator interested to study on loneliness of students studying higher secondary.

## OBJECTIVES OF THE STUDY

**The study has the following objectives:**

- 1.To find out the level of loneliness of students studying higher secondary .
- 2.To find out whether there is any significant difference between male and female higher secondary Students in their loneliness.
- 3.To find out whether there is any significant difference between higher secondary students studying in Tamil and English medium in their loneliness.
- 4.To find out whether there is any significant difference between higher secondary students studying in Urban and rural schools in their loneliness.
5. To find out whether there is any significant difference between higher secondary students belonging to Nuclear family and joint family in their loneliness.

## METHOD OF STUDY

The normative survey method has been followed to find out the level of loneliness of higher secondary students. The Loneliness Scale constructed and validated by the T. Tamizhselvan and lourdu john (2022), has been used to measure the loneliness of higher secondary students. It consists of 25 items. It is a five point scale. Each item (statement) has five alternative responses namely 'strongly agree', 'agree', Undecided 'disagree', and 'strongly disagree'. The subject is asked to indicate his or her choice. Each item is to be awarded the score of '5,4,3,2,1' respectively from strongly agree to strongly

disagree. The responses to the 25 items are summed, producing a possible range of 25 to 125. The higher score indicating greater loneliness.

This tool has been administered to a random sample of 620 higher secondary students studying in Kanchipuram District of Tamilnadu. The data collected from the sample has been subjected to Descriptive and Differential analysis.

## **ANALYSIS OF DATA AND INTERPRETATION**

### **Descriptive Analysis**

The mean and standard deviation has been calculated for the total sample to find out the level of loneliness of higher secondary students. It is found to be 60.00 and 19.94 respectively. The maximum score for the loneliness tool is 125 and the minimum score for the tool is 25. The average score or the mid score of the loneliness tool is 87.5. It indicates that the mean value of loneliness score is less than the mid score. Hence, the level of loneliness of higher secondary students is low. Gender and Loneliness

Table-1 shows the results of the 't' test carried out to compare the male and female higher secondary students in their loneliness. The 't' value is found to be 0.63, which is not significant even at 0.05 level. It reveals that there is no significant difference between male and female students in their Loneliness.

### **Medium of Instruction and Loneliness**

Table-1 shows the results of the 't' test carried out to compare the Tamil medium and English Medium higher secondary students in their loneliness. The 't' value is found to be 3.33, which is significant at 0.01 level. It reveals that there is a significant difference between Tamil medium and English medium students in their loneliness. From the mean value, it was noticed that the level of loneliness is high for the students studying English medium than the students studying Tamil medium.

### **Residential area and Loneliness**

Table-1 shows the results of the 't' test carried out to compare the rural and urban higher secondary students in their loneliness. The 't' value is found to be 4.17, which is significant at 0.01 level. It reveals that there is a significant difference between rural and urban students in their level of loneliness. From the mean value, it was noticed that the students residing at urban area have high level of loneliness than the students residing at rural area.

### **Nature of Family and Loneliness**

Table-1 shows the results of the 't' test carried out to compare the higher secondary students belonging to nuclear family and joint family in their loneliness. The 't' value is found to be 6.38, which is significant at 0.01 level. It reveals that there is a significant difference between higher secondary students belonging to nuclear family and joint family in their level of loneliness. From the mean value, it was noticed that the level of loneliness is high for the students belonging to nuclear family than the students belonging to joint family.

## FINDINGS

The following are the important findings of the study:

The level of loneliness of total sample is found to be low.

The male and female students studying higher secondary do not differ significantly in their level of Loneliness.

The higher secondary students studying Tamil medium and English medium differ significantly in their level of loneliness. The level of loneliness is high for the students studying English medium than the Students studying Tamil medium.

The higher secondary students residing at rural and urban area differ significantly in their level of loneliness. From the mean value, it was noticed that the students residing at urban area have high level of loneliness than the students residing at rural area.

The higher secondary students belonging to nuclear family and joint family differ significantly in their in their level of loneliness. From the mean value, it was noticed that the level of loneliness is high for the students belonging to nuclear family than the students belonging to joint family.

**Table-1**

**Comparison of Loneliness Scores of Higher Secondary Students with Respect to Different sub Sample of the Study**

Sub-Sample		N	Mean	SD	' t' Value
Gender	Male	304	60.51	19.48	0.63
	Female	316	59.50	20.39	
Medium of Instruction	Tamil	278	57.06	18.77	3.33**
	English	342	62.38	20.57	
Residential Area	Rural	279	56.35	19.34	4.17**
	Urban	341	62.99	19.96	
Nature of Family	Nuclear	483	62.64	18.73	6.38**
	Joint	137	50.70	21.32	

\*-Significant at 0.05 level, \*\*-Significant at 0.01

**REFERENCES:**

Brennan, T., and Auslander, N. 1979. Adolescent Loneliness: An Exploratory Study of Social and Psychological Predisposition and Theory. Unpublished manuscript, Behavioural Research Institute, Boulder, Colo.

Kupersmidt, J.B., Coie, J.D., and Dodge, K.A., 1990. The Role of Peer Relationships in the Development of Disorder. In Asher SR, Coie JD, editors. Peer Rejection in Childhood. New York: Cambridge University Press .

Perlman, D., 1981. Friendship Among Adolescents. Los Angeles: American Psychological Association .

Perlman. D., and Peplau, L.A. 1984. Toward a Social Psychology of Loneliness. Duck, S. W., and Gilmour. R. Eds Personal Relationships in Disorder. London: Academic Press.

Gnanadevan .R. and muthamizhselvan.M., loneliness of bereaved students affected by natural disaster. Journal of Edutracks, voll13.No:5 pp:25-28, 2012